

Hawaii MARINE SPORTS

HAWAII MARINE C SECTION

DECEMBER 16, 2005

HQBN dominates K-Bay sports



Pic. Edward C. deBree

Juan Maneiga, Warriors, eyes a pitch he likes. The Warriors defeated the Deuces, 17-10, Dec. 8, at Annex Field aboard Marine Corps Base Hawaii, Kaneohe Bay, in the Winter Intramural Softball championship game.

Cpl. Michelle M. Dickson
Press Chief

Headquarters Battalion Warriors continue to dominate intramural sports aboard Marine Corps Base, Kaneohe Bay. This time in Winter Intramural Softball with a win over the Deuces Wild, a team made up of players from Patrol Squadron 2 and Patrol Squadron Special Projects Unit 2, in the championship game, Dec. 8, at Annex Field aboard K-Bay. This is the second championship trophy for the Warriors in two weeks, after taking home first-place honors in intramural football. The Warriors won the softball game, 17-10.

"Nobody ever quits on this team," said Daniel Dyche, team captain, HQBN. "It was all just pure motivation that got us through. We had a reputation to uphold, and we did it."

The first inning of the game left HQBN empty-handed, as Charlie Nunley and Brantley Altman of the Deuces crossed the plate. The Deuces held the lead early, 2-0, heading into the second inning.

The Deuces continued their scoring route in the top of the second when Dave Silva and Thomas McGee made it home, broadening the gap to 4-0 before turning it over to HQBN, who still patiently waited to unleash what they had in store.

It wasn't until the bottom of the third that HQBN began to show their true colors, when they took control of the game and never looked back.

The Warriors heated up when a Warriors player nailed a three-run shot, making the score 6-3, but they weren't finished yet. Juan Manteiga followed suit by going the yard, which added three more points to the Warriors total. This tied up the game, 6-6.

The top of the fourth inning was a blur. Solid pitching by Warriors' pitcher James Baughman combined with a quick-reacting defense shut the Deuces' offense down.

The Warriors felt the need to nearly double their lead with back-to-back homers by Joe Sutter and Juan Manteiga, which brought more runs home and strengthened their lead, 6-11.

The Deuces managed to creep forward in the top of the fifth inning, when Andy Bates reached home along with Charlie Nunley. The Warriors crushed the comeback hopes of the Deuces with good fielding by Joe Sutter.

The Deuces momentarily put a stop to HQBN's power hitting with a quickly retired side. The score going into the top of the sixth was 8-12, with the Deuces trailing the Warriors.

The top of the sixth inning left the Deuces struggling to regain their lost ground. They only managed one home run from catcher Danny Brown before turning it over once again to HQBN.

Daniel Dyche and Todd Sermarini managed to make their way around the bases for the Warriors. Travis Eslinger

See WARRIORS, C-5



Lance Cpl. Ryan Trevino

Ducks' forward Alyssa Liem sets up for the slap shot. Liem carried the East Oahu Ducks in the victory over the Kaneohe Bay Hammerheads in the Squirts Division playoff game of the Oahu Inline Hockey League.

Ducks bite back in Oahu Inline Hockey League playoffs

Lance Cpl. Ryan Trevino
Sports Editor

The East Oahu Ducks defeated the Kaneohe Bay Hammerheads, 5-4, Saturday, in double-overtime in an Oahu Inline Hockey League semi-finals playoff game at the Inline Skating Rink aboard Marine Corps Base Hawaii, Kaneohe Bay. The teams are in the Squirts Division, which consists of players 10 and younger. The Ducks went on to play the championship game later that

day.

These teams have already met once in the double-elimination format playoff with the Ducks coming out on top, 5-4.

Both coaches were excited about the game, because they said they knew the competition level gets pretty high between these two rivals.

"I'm looking forward to playing K-Bay," said Ducks coach Brodie Cornie. "It's always fun."

The Hammerheads took to the rink, already at a disad-

vantage. Forward Garret Rentz was out sick, but there was talk that he may return to play in the second half. Rentz was a key player for the Hammerheads during the regular season. He had two goals against the Ducks in an earlier match.

Action started off in the first period, when Alyssa Liem, Ducks' forward, took a solid shot at the net. However, Hammerheads' goalie Christian Ramsey was there to deny the shot with a glove save.

The Hammerheads got on the board first when forward Aleks Stroud scored off a breakaway to the net with some fancy puck maneuvering. Niko Hatzigeorgian was credited with the assist.

Liem continued to pound the puck through the heart of the Hammerheads' defense with ease, but with little results early in the game. Ramsey stopped back-to-back shots by Liem for the Hammerheads in the lead.

Liem finally got a score, when she took a hard shot

right in the front of the goalie's box. Ramsey was unable to stop the close-proximity shot and let the puck slip by. This tied the game up, 1-1.

Ducks' forward Gabor Paczoley wanted some of the spotlight too and scored a goal for his team to take the lead, 2-1. Liem almost scored again, right after Paczoley's goal, when she nailed a slap shot that ricocheted off the pole.

The Ducks managed to score again before the end of

the first period off another Liem slap shot. The score was 3-1, going into the second period of play.

The Hammerheads were no longer short-handed, when Garret Rentz showed up at halftime to give his team a much-needed boost.

The Hammerheads skated onto the rink with more confidence, heading into the second half. They knew with Rentz back in the game, the momentum could swing their

See DUCKS, C-5

BASE SPORTS

Jan. 4 and 5, 2006

Coaches’ Meetings — There will be a coach’s meeting for intramural basketball Jan. 4, 2006, in the Semper Fit gym. The meeting will start at 2 p.m.

A organizational meeting will also be held for intramural fast-pitch baseball coaches. That meeting will take place Jan. 5, at 2 p.m. in the Semper Fit gym.

Ongoing

Youth Basketball League Registration Extended — MCCS Youth Activities has extended the registration period for Youth Basketball league beginning in 2006. The league welcomes youths 6 to 17, and is open to DoD cardholders.

The cost is \$50 for YA members and \$60 for nonmembers. The league is open to all authorized patrons, including active duty and DoD civilian family members. A photocopy of a military identification card is required at registration.

Volunteer coaches are needed for this league, so if your child is participating, join in on the fun. Or, if you’ve been looking for that perfect volunteer opportunity, here’s your chance.

To register, or for more information, call 254-7611.

Semper Fit Seeks Applications for Armed Forces Bowling — The Armed Forces Bowling Championships will be held Jan. 6, through Jan. 14, 2006, in Reno, Nev., so get your game face on and get ready to hit the lanes.

Service members interested can submit applications to the Semper Fit office located in Building 219, by Dec. 15. Applications must contain written proof of your current bowling average, which, for men, must be at least 215 and at least 160 for women.

Applications are available online at www.usmc-mccs.org/sports or at the Semper Fit office. Think you can cut it?

For more information, call Stacy Barkdull at 254-7590.

Semper Fit Seeks Applications for All-Marine Boxing Trials — All-Marine Boxing trials will be held at Camp Lejeune, Jacksonville, N.C., Jan. 7, to Feb. 5, 2006. The Armed Forces Boxing Championship will be held Feb. 6, to Feb. 11, at Naval Base Ventura, Calif.

Marines who are interested in competing need to submit an application no later than Dec. 10 at their local Semper Fit office. Applications are available online at www.usmc-mccs.org/sports and must include



Cpl. Michelle M. Dickson

Children aboard Marine Corps Base Hawaii, Kaneohe Bay, participate in a martial arts class offered by Youth Activities.

information on past boxing experience, numbers of bouts, and the results from the past two years.

For more information, call Stacy Barkdull at 254-7590.

Semper Fit Seeks Applications for All-Marine Wrestling Trials — The All-Marine Wrestling trials will be held Feb. 1 through March 16, 2006, at Marine Corps Base, Quantico, Va. The championship will be held March 16 through March 19 at Camp Lejeune, Jacksonville, N.C.

Marines interested in competing must submit applications by Jan. 13. Applications must contain information on past wrestling experience, weight class, numbers of matches, and results from the past two years of competition.

Applications are available online at www.usmc-mccs.org/sports or at the local Semper Fit office. Marines must send their applications through the Semper Fit Athletics office.

For more information, call Stacy Barkdull at 254-7590.

Semper Fit Center Offers it All — The Semper Fit Center has an aerobics class for anyone and everyone who is trying to meet that New Year’s resolution.

Check out as many of the following programs as you would like; yoga, cycling, tai chi, cardio kick, gut cut, step challenge, water aerobics, palates, marathon training, and much, much more.

For more information, call the Semper Fit Center at 254-7597.

Okinawa Kenpo Karate — Every Tuesday and Thursday, join MCCS Youth Activities’ contractor for Kenpo Karate Kobudo classes, held from 6 to 7:30 p.m. in Building 1391, located Family Housing Office.

Adults and children are welcome. Costs for classes are \$35 for adults,

\$25 for children, and \$20 for additional family members. For information, call MCCS Youth Activities at 254-7610.

Massage Therapy — Massage therapy, by certified massage therapists, is available at Kaneohe Bay and Camp Smith.

Massage therapy will help relieve your mental and physical fatigue and improve overall circulation and body tone. Choose from Shiatsu, Swedish, Lomi, deep-tissue and even hot-rock therapy.

For appointments, call the K-Bay Semper Fit Center at 254-7597 or Camp Smith at 477-5197 during regular business hours, Monday through Friday.

Paintball Hawaii — Nestled behind the Lemon Lot, stands Paintball Hawaii. Shoot over for the great deals and have a blast with your friends.

Cost is \$25 per person and includes one air refill, equipment and the field fee. The field is open on weekends from 9 a.m. to 5 p.m.

Call 265-4283, for Friday appointments.

Fishing Charters Available at MCB Hawaii — Spend the day on Kaneohe Bay, fishing or relaxing aboard the Bill Collector fishing charter boat.

Check out the boat, especially built for charter fishing, and then spend your day with family and friends off the coast of Windward Oahu, catching some of the ocean’s most exotic fish.

For more information, stop by the Base Marina located in Building 1698, across from Hangar 101, or call 254-7666/7667.

Personal Trainers Available at Semper Fit — For those looking to get into a tailored exercise regimen, or for those just looking for some good advice on weight management and weight control, the Semper Fit Center offers free personal training consultation.

You can schedule an appointment with a trainer who will take body-fat measurements, blood-pressure and

heart-rate readings.

They will do all this and tailor a program, based on your physical needs and ambitions.

For only \$5 per workout, a professional trainer will work out with you to ensure maximum efficiency.

Pick up a personal training appointment card at the Semper Fit Center now, or call 254-7597.

Color Pin Special — Every Wednesday, when you roll a strike and a colored pin is in the headpin position, you can win up to three free games of bowling. All patrons are welcome to take advantage of this deal. If you make the play, you win!

For more information, call the K-Bay Lanes at 254-7693.

Campground and Picnic Sites — For picnic and campsites, Marine Corps Base Hawaii offers some of the most scenic beaches on the island.

Three of those beaches, Pyramid Rock, Hale Koa and Fort Hase are available by reservation from dawn to dusk for picnics and parties. Hale Koa Beach may be reserved for overnight camping.

Reservations are required, call 254-7666 for Kaneohe or 477-5143 for Camp Smith.

Parents for Fitness — This cooperative babysitting effort is available at the Semper Fit Center for children 6 weeks and older.

All active duty service members and their families may participate; however, PFFP participants are required to volunteer baby-sit three times per month.

For more information, call 291-9131.

WEEK 14 NFL PICKS WINNER

Sgt. Marty Mooney

G-3, Headquarters Battalion

“Last week’s victory was for those contenders who thought that they could beat me.”

Monday night total score: **21**

“My picks for week 15 are ... “

Tampa Bay @ New England

Kansas City @ **N.Y. Giants**

Denver @ Buffalo

Arizona @ Houston

Carolina @ New Orleans

N.Y. Jets @ **Miami**

Philadelphia @ **St. Louis**

Pittsburgh @ Minnesota

San Diego @ **Indianapolis**

Seattle @ Tennessee

San Francisco @ **Jacksonville**

Cincinnati @ Detroit

Cleveland @ Oakland

Dallas @ **Washington**

Atlanta @ **Chicago**

Green Bay @ **Baltimore**

COMMUNITY SPORTS

HTMC Plans Weekend Hikes

Join the Hawaiian Trail and Mountain Club on hikes Saturday and Dec. 18.

Sunday’s jaunt will take hikers on a six-mile intermediate journey through Waimalu Valley. The trail winds along an abandoned water ditch to Waimalu Stream. Hikers can check out the numerous swimming holes or explore upstream.

For more information, contact coordinator Stuart Ball at 247-5380.

New Year Day, HTMC will take a three-mile intermediate hike to the top of Koko Crater.

A clamber over a rock arch leads to the rim where the route goes clockwise to the top. Hikers will see panoramic views of the coastline and Hanauma Bay.

For more information, contact hike coordinator Thea Ferentinos at 375-0384.

Adventure seekers should meet at 8 a.m. on the mountain side of Iolani Palace.

A \$2 donation is requested for each non-member 18 or older. A responsible adult must accompany children younger than 18. Bring lunch and water on all hikes and wear sturdy shoes and appropriate clothing. Firearms, pets and radios, or other audio devices, are prohibited on hikes.

For more information, check out the HTMC Web site at www.geocities.com/Yosemite/Trails/3660

State Offers Outdoor Education

The Hawaii Department of Land and Natural Resources is offering education classes to the public. Subjects covered include firearms and archery safety; survival and first aid; wildlife identification; and conservation, regulations, game care and outdoor responsibility.

Attendance at two sessions is required for certification. Classes are open to anyone 10 and older who enjoy the outdoors. The sessions are ideal for hunters, campers, hikers, and other outdoor enthusiasts.

The next two-day session is today from 5:45 to 10 p.m. and Saturday from 7:45 a.m. to 4 p.m. in Classroom A-212A at the Nimitz Business Center, 1130 North Nimitz Highway. Drive up the ramp to the classroom, which is the first room on the right. A picture ID is required for entry to the sessions.

For more information about outdoor educa-

tion, or to sign up for this course, call 587-0200 or visit www.hawaii.gov/dlnr/welcome.html.

Free Hawaii Bowl Tickets

All military and military dependents will receive free tickets to the 2005 Sheraton Hawaii Bowl set for 3:30 p.m. Christmas Eve at Aloha Stadium, Sheraton Hawaii Bowl Executive Director Jim Donovan announced. The game will pit the University of Central Florida Golden Knights against the Nevada Wolf Pack.

This is the fourth consecutive year the Sheraton Hawaii Bowl has extended the military free tickets to the game. More than 10,000 military and military dependents have attended past games.

Tickets can be redeemed at the Aloha Stadium Box Office beginning 10 a.m. on game day, Dec. 24.

“We are proud to extend our aloha to our troops, and their families, who faithfully serve our country,” Donovan said. “We will also have a military salute during the pre-game festivities and participation by all branches in our half-time show. This offer of complimentary tickets, for the fourth year in a row, is just a small token of appreciation for the sacrifice that our troops and their families make on our behalf.”

Half Marathon Runs on Maui

The 2nd Maui Surf & Sand Half Marathon will take place on the Valley Isle, Jan. 15, 2006.

The 13-mile course runs from Kapalua to Lahaina along the coast on Honoapiilani Highway.

Cost for the race is \$60 and includes a T-shirt and finisher’s medal. First-, second- and third-place finishers will receive \$500, \$250 and \$100, respectively.

Athletes wishing to participate can register by printing a form from www.mauiSURFSandhalf.com/indexMain.html or by visiting www.active.com.

8th Annual Fort DeRussey Biathlon

Fort DeRussy Beach will be the site of a biathlon and children’s race, March 4, 2006.

The 8th Annual Fort DeRussy Biathlon and Keiki Run-Swim-Run will begin with the adults

at 7 a.m. followed by the children at 8:20 a.m. in front of Hale Koa Hotel.

Adults can choose a long course, which consists of a five-kilometer run and a one-kilometer swim, or a short course, which is a two and a half kilometer run and a 500-meter swim. Distances for the children’s race vary by age.

Costs to register are as follows: \$18 for individuals, \$16 for students and \$15 for military members.

Affordable parking will be available in Hale Koa Hotel parking garage for military & general public.

Athletes wanting to participate can register online at www.active.com.

Run to the Sun Heads up Haleakala

Run to the Sun is a 36-mile ultra marathon starting at sea level and climbing to the 10,023-foot summit of Haleakala, legendary “Home of the Sun,” and will tak place March 25, 2006. This challenging course is not for the novice marathoner. Entrants must be 18 or older and rigorously prepared to meet the challenge of the strict 10-hour time limit.

Detailed course and event information will be sent to each entrant upon receipt of application form and fee. Relay teams of three persons may also enter Run to the Sun. There will be no race-day registration.

Entry fee is \$95 for individuals and \$150 for relay teams if registered by March 17, 2006.

Runners wanting to participate can enter by mailing in a form available at www.virr.com/run_2_sun.html or by registering online at www.active.com.

Bellows Offers Adventure Programs

Whether you are spending a few weeks or just visiting for the day, check out any of the following weekly Bellows Outdoor Adventures programs on their Web site: www.bellowsafs.com.

For information, call the Turtle Cove office at 259-4112 from 8 a.m. to 8 p.m.

•**Saturdays at 8 a.m., Morning Paddle:** Take the guided kayak tour to the Mokulua Islands, which offers the opportunity to see birds up close in their natural habitat. Cost is \$14. Advanced skill level is required.

•**Sundays at 8:30 a.m., History Tours by Bike:**

Ride mountain bikes for an extensive seven-mile, three-hour, guided tour of Bellows Air Force Station. Wear closed-toe shoes. Cost is \$15 for bike and helmet rental.

•**Mondays at 8:30 a.m., Hike to Makapu:** Take a moderate 2 1/2-mile, round-trip hike to the Makapuu Lighthouse. Hikers will be rewarded with awesome views of Koko Crater, Diamond Head and Waimanalo Bay. Wear closed-toe shoes. Cost is \$8 for adults and \$5 for children 12 and younger.

•**Wednesdays and Fridays at 8:30 a.m., Snorkeling Tour:** Discover the magnificent underwater world of the ocean at a nearby undisturbed reef. Transportation, instruction, and snorkeling equipment are included. Cost is \$15 for adults and \$8 for children 12 and younger.

•**Wednesdays and Thursdays at 1 p.m., Kayaking Lessons:** Master ocean-kayaking skills, including water safety and efficient paddling techniques in this two-hour class. The class is free with a day kayak rental.

•**Thursdays at 9 a.m., Beach 101:** See fascinating natural phenomena as you wade across seaweed-covered reef flats and rock tide pools.

This is an educational experience for the whole family. Be sure to wear comfortable footwear, a hat, swimsuit, sunscreen, and bring water. Cost is \$8 for adults and \$5 for children 12 and younger.

•**Thursdays at 8 a.m., Free Aloha Breakfast in the Recreation Center Lanai:** Find out about all the exciting programs and specials happening at Bellows. Enjoy a free continental breakfast and sign up to win door prizes.

•**Fridays at 1 p.m., Bodyboarding Lessons:** Learn how to catch and ride the waves. Free day rental of boogie board is included in the \$5 fee.

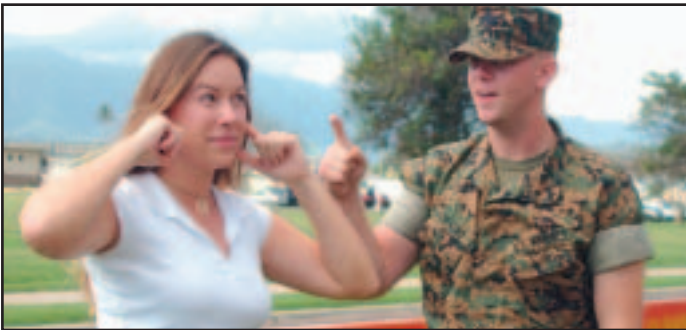
Miniature Golf: One of the miniature golf courses on the island is the Bellows Mini-Golf Course. It is lighted and open for night play.

Driving Range: Next to our mini-golf course is a driving range. Clubs and buckets of golf balls are available for rent.

For more information, log on to www.bellowsafs.com.

Hawaii Marine Accepts Briefs

To post sports and recreational briefs of interest to the Marine Corps Base Hawaii, Kaneohe Bay, community, e-mail requests to editor@hawaiimarine.com or call 257-8835.



The Bottom Line

(Editor’s Note: “The Bottom Line” is the Hawaii Marine’s weekly sports commentary from two sports aficionados who rarely see eye-to-eye when it comes to America’s one true obsession — sports. Chances are you’ll either agree with one of their takes or disagree with both. The Hawaii Marine welcomes your e-mails of no more than 250 words. We will print the top comment of the week from our readers. Send “Readers Strike Back” comments to editor@hawaiimarine.com. Remember, “If you don’t speak up, you won’t be heard.”)

Who’s going to win out in bowl action?

Kristin Herrick
The Cheese

If you’ve been hiding under a rock for the past two weeks, you might not have heard that the University of Southern California will take on the University of Texas in the Rose Bowl. Even with all the hype surrounding the Bowl Championship Series and the way they choose teams for the bowl games, they got the national championship teams right this year. The only two undefeated teams in college football will face off and the winner — at least in the mind of The Cheese — will be undisputed national champion. With that in mind, here are The Cheese’s predictions for the four BCS bowls:

Rose Bowl: USC vs. Texas — With two high-powered offenses, the winner of the game might be the team who makes the final drive down the field. USC averages more than 580 yards of offense per game, while Texas only racks up about 508 yards per game. The thing is, USC hasn’t played anyone with a decent defense. But, it’s like the ol’ question “What came first? The chicken or the egg?” Are the teams USC played not ranked high on the defensive charts because the Trojans mopped the floor with them? Or does USC rack up the yards because they play teams with horrible Ds? I’m going to have to go with Longhorns for this one, even though I hate to agree with The Texan. They have a great offense and play better defense than USC.

Orange Bowl: Florida State vs. Penn State — Florida State is 8-4. How they got selected to play any bowl game is beyond The

Cheese. The Cheese doesn’t care if they won the Atlantic Coast Conference, they’re ranked 22nd in the BCS polls! If this isn’t a prime example of what’s wrong with the BCS system, don’t know what is. Anyway, all ranting aside, Penn State is going to cream them. The Cheese is certain the Big 10 is the toughest conference in college football, with five of eleven teams in the BCS’s top 25. If Penn State can top the Big 10, they can certainly triumph over the Seminoles.

Sugar Bowl: Georgia vs. West Virginia — The 10-2 Georgia Bulldogs will be taking on the 10-1 Mountaineers in the Sugar Bowl, which is normally held in New Orleans. The Dogs got lucky, as the game has been moved to Atlanta, where they just won two in a row. Coming from the stronger conference and having home-field advantage, Georgia is going to pull out a win over West Virginia, although The Cheese isn’t quite sure LSU didn’t deserve the bowl nod more than the Bulldogs.

Fiesta Bowl: Notre Dame vs. Ohio State — The Cheese is happy to see two Big 10 teams in BCS action this holiday season. This is a tough one to call. Both teams are 9-2 and both have played some good teams. Notre Dame was the only team all season to get close to beating the top-ranked Trojans, so the Cheese thinks that gives them a slight edge over the Buckeyes.

Bottom Line: Oregon fans aside, most college football followers should be pretty happy with the BCS matchups. Texas will upset USC’s dynasty in the making and Penn State will make the Big 10 proud. Georgia will thrive on their home turf and the luck of the Irish will be behind Notre Dame. Happy New Year!

Lance Cpl. Ryan Trevino
The Texan

It’s finally here. Bowl time! The most exciting time in college football is on our doorstep, and all we have to do is tune in to experience its glory. Whether your alma mater or favorite team made it to a Bowl Championship Series bowl or not, you can’t help but cheer on teams you know nothing about just because the bowl atmosphere engulfs every inch of you. First off, I’ll start with the Tostitos Fiesta Bowl, which will be played Jan. 2 at Sun Devil Stadium in Tempe, Ariz. This bowl pins the Notre Dame Fighting Irish, 9-2, against the Ohio State Buckeyes, who are also 9-2, in a heated matchup in the desert. This is the first time these two teams have met in a bowl game or neutral site. The first thing I have to mention is the drastic turnaround of the Irish this season from last year, which they finished with a 6-5 record. This was mainly due to Notre Dame’s decision to bring in Charlie Weis to head up the Irish coaching staff. Weis led the Patriots to three National Football League Superbowl victories as the offensive coordinator and made the transition to Irish head coach without any complications. The Texan believes that Weis will bring some big-game strategies for his team into the equation and level out the playing field against the Buckeyes, who are red hot after winning their last six games. However, Weis’ contribution on the sidelines will not be enough. The Irish have lost their last six bowl games and don’t have the defensive capacity to shut down the Buckeye offense, led by quarterback Troy

Smith and tailback Antonio Pittman. Next up we have the Sugar bowl, which will be played in Atlanta’s Georgia Dome this year after the Superdome in New Orleans was severely damaged by Katrina. The 12-2 Georgia Bulldogs will face-off with the West Virginia Mountaineers, 10-1, in the great state of Georgia for the first time in both team’s history. To me, that says it all right there. Atlanta! The purpose of the bowl location is to provide for a neutral site, keeping everything fair and balanced. This obviously gives the Bulldog’s the upper hand, because they pretty much have home-field advantage. The other reason I’m going with the Bulldogs for my pick has to do with a little something called experience. The Mountaineers offense is made up of young and inexperienced players who have yet to prove themselves when it counts. Red-shirt freshman quarterback Pat White and first-time running back Steve Slaton have done great things for West Virginia this season but don’t have the necessary big game seasoning needed to perform well in a bowl game. Now, on to the Orange Bowl. Joe Paterno’s Penn State Nittany Lions, 10-1, face-off with Bobby Bowden’s Seminoles, 8-4, in the FedEx Orange Bowl in Miami. If this isn’t a classic match between two rival coaches, I don’t know what is. Penn State’s Paterno bounces back from losing 17 of his last 24 games and not winning a bowl game since 1999, by leading his team to a nearly undefeated season. Bowden’s Seminoles struggled this year by falling from BCS rankings after losing three straight games during

See TEXAN, C-8

Cheese

Tampa Bay @ **New England**
Kansas City @ **N.Y. Giants**
Denver @ Buffalo
Arizona @ Houston
Carolina @ New Orleans
N.Y. Jets @ **Miami**
Philadelphia @ **St. Louis**
Pittsburgh @ **Minnesota**
San Diego @ **Indianapolis**
Seattle @ Tennessee
San Francisco @ **Jacksonville**
Cincinnati @ Detroit
Cleveland @ Oakland
Dallas @ Washington
Atlanta @ **Chicago**
Green Bay @ Baltimore

The Cheese has beat the Texan two weeks in a row now, so she’s feeling pretty confident about her picks. Miami is hot so they’ll come out on top. Dallas is going to win in the second place, NFC East battle. Monday night total score: **27**

Week 15 Picks

To play, clearly circle the teams you think are going to win. Drop your picks off under the door of Room 19 in Building 216 or e-mail your picks to kristin@hawaiimarine.com by Friday at midnight. The person who has the most correct picks will get to boast in the Hawaii Marine and fill us all in on their following week’s predictions. The closest to the total score for Monday Night’s game, without going over, will determine the winner in the event of a tie.

Tampa Bay @ New England
Kansas City @ N.Y. Giants
Denver @ Buffalo
Arizona @ Houston
Carolina @ New Orleans
N.Y. Jets @ Miami
Philadelphia @ St. Louis
Pittsburgh @ Minnesota

San Diego @ Indianapolis
Seattle @ Tennessee
San Francisco @ Jacksonville
Cincinnati @ Detroit
Cleveland @ Oakland
Dallas @ Washington
Atlanta @ Chicago
Green Bay @ Baltimore

Monday Night Tiebreaker (Green Bay @ Baltimore): _____ points.

NAME: _____ PHONE: _____

Texan

Tampa Bay @ **New England**
Kansas City @ **N.Y. Giants**
Denver @ Buffalo
Arizona @ Houston
Carolina @ New Orleans
N.Y. Jets @ Miami
Philadelphia @ St. Louis
Pittsburgh @ Minnesota
San Diego @ **Indianapolis**
Seattle @ Tennessee
San Francisco @ **Jacksonville**
Cincinnati @ Detroit
Cleveland @ Oakland
Dallas @ Washington
Atlanta @ Chicago
Green Bay @ **Baltimore**

Yes, it’s true, the Texan’s expertise has been compromised by the sheer luck of the Cheese, but not for long. This week I’m going with straight gut feelings, without looking at any stats. Trusting my instincts has always been more effective than over analyzing. Monday night total score: **21**

Deuces put hit on Riders

Lance Cpl. Ryan Trevino
Sports Editor

The Deuces Wild, a team made up of players from Patrol Squadron 2 and Patrol Squadron Special Projects Unit 2, defeated the Helicopter Anti-Submarine Squadron Light 37 Easy Riders in Winter Intramural Softball playoff action, Dec. 7, at Annex Field aboard Marine Corps Base Hawaii, Kaneohe Bay. Deuces won by a huge deficit, eliminating the Easy Riders from the single-elimination format

tournament. Deuces Coach D.J. Denato said he did not want his team thinking too far ahead of this game and forget what they had to do, if they wanted to reach the championship game. “Lets take care of business this first game,” said Denato. “I want to play three games this tournament – one game at a time.” Something from Denato’s pre-game speech must have registered with the players, because the Deuces came out

with bats ablaze and didn’t take any prisoners. Deuces’ third baseman Paul Killalea started off his night with a rip to center field, which scored two runs for the Deuces. Clint Tolbert, not be outdone, stepped to the plate and pounded a three-run shot deep off Riders’ pitcher Otto Rhodas over the left field fence. The score was already 7–0 in the top of the first, when Charlie Nunley belted a liner over the right fielder’s head and scored two more runs.

The Riders walked to the dugout with their heads down after the side was retired. They needed something big from their offense to keep up with the explosive offense of the Deuces. Mike Linenberger was not fazed by the first inning stomping and slapped a shot to center off Deuces’ pitcher Dave Silva, which allowed two runs to score. This brought the score to 9–2 at the end of the first inning.

See DEUCES, C-8



Lance Cpl. Ryan Trevino

Clint Tolbert, Deuces, belts a pitch out the park to add three more runs to his team’s total. The Deuces went on to play HQBN in the championship game.



Lance Cpl. Ryan Trevino

A.J. Thompson, Riders, makes a leaping catch in the playoff game against the Deuces. The Deuces defeated the Riders, 20–2.

DUCKS, From C-1

way, and that’s exactly what happened.

Stroud and Rentz, working side-by-side, were an unstoppable force in the second half. Stroud scored easily off another breakaway opportunity, which brought the score to 4-2.

Liem was off her game this time around, when she took a shot that was wide right, at an unattended net.

Stroud and Rentz drove down the rink, passing back-and-forth until Rentz took a shot and scored, which brought them closer to tying the game up, 3-4. Only four minutes remained in regulation.

With 20 seconds left, Stroud scored a game-tying goal to send the game to overtime.

With no team scoring in the first overtime, the game was sent to sudden-death double-overtime.

Liem knew it was up to her to carry her team to victory. She stepped up her game and ended the Hammerheads’ championship hopes, when she took a shot that slipped through Ramsey’s legs and into the net. The Ducks won the game 5-4 and advanced to the championship game later that day.

WARRIORS, From C-1

slapped a shot into the outfield, which brought home more runners and closed out the inning, 9-17.

The seventh and final inning was the Deuces last attempt at pulling out a victory, but no miracle happened and they would fall short.

Andrew Bates would make it home again, but that would be the last run of the night. The final score was 17-10, with HQBN adding another trophy to the case.

“We played to get here, and we did just that,” said D.J. Denato, team captain, the Deuces. “We beat HQBN earlier in the season, but they got us when it mattered most. It was a hard-fought game and a great season for us.”

Both teams received trophies for the tournament. HQBN received the championship trophy, but not without a tough game.

“The Deuces are an outstanding team, and it was a really rough night,” said Daniel Dyche, team captain, HQBN. “They hit hard all year, but just didn’t come through tonight.”



Lance Cpl. Ryan Trevino

Forward Aleks Stroud, Hammerheads, skates around the goalie for the easy score. Stroud had four goals during the playoff match against the East Oahu Ducks, Saturday, at the Inline Skating Rink aboard Marine Corps Base Hawaii, Kaneohe Bay.



Lance Cpl. Ryan Trevino

Hammerheads’ goalie Christian Ramsey stretches to make a save. The Hammerheads scored three of their four goals in the second half of play.



Lance Cpl. Ryan Trevino

Stroud skates through the Ducks’ defense well in control of the puck. The Ducks defeated the Hammerheads in the semi-finals playoff game.

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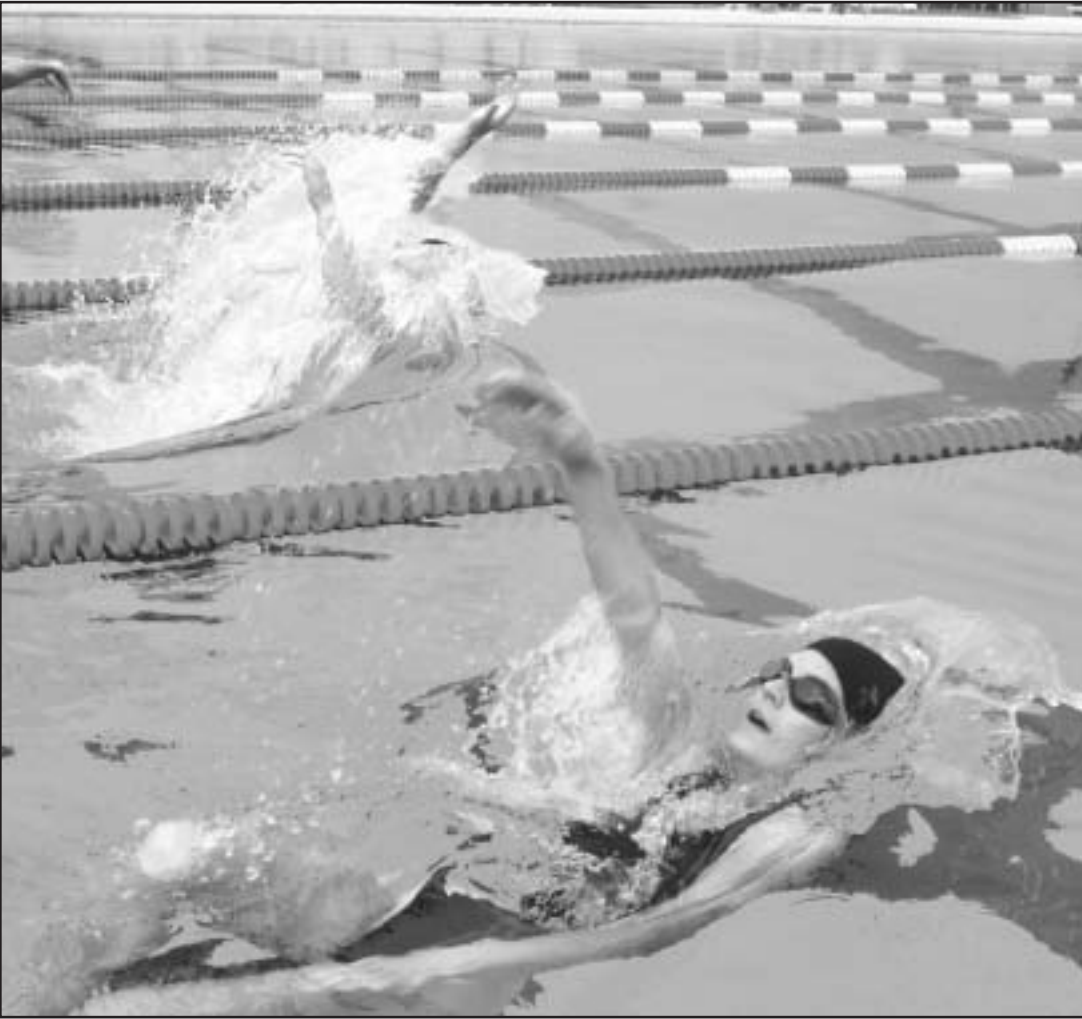
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MCCS offers New Year’s resolutions



Sgt. Joseph A. Lee

Swimmers kick off the wall at the base pool. Swimming is one of many ways to stay in shape using the facilities aboard K-Bay. Pool hours are 11 a.m. to 6 p.m. on weekdays and noon to 5 p.m. on weekends.

Ed Hanlon V

Marine Corps Community Services

Let’s face it. The resolutions that you have made in past years didn’t last as long as you had wished. Don’t let the same thing happen again in 2006.

Make your New Year’s resolution to lose weight, get in shape, and live a healthier lifestyle in 2006. If you commit, Marine Corps Community Services will take care of the rest.

The Semper Fit centers and gyms aboard Kaneohe Bay, Camp Smith, Manana have everything you need in the way of equipment and services and programs to help you with that promise you made to yourself. The Kaneohe Bay

Semper Fit Center even hosts a robust aerobics program that offers classes that range from cardio kick to cycling, gut cut and many more.

The center also provides qualified, professional personal trainers who can help tailor a personal fitness plan to fulfill your fitness wishes and stay motivated with your New Year’s resolution.

Have fun and get fit at the same time by getting involved in an Intramural Sports League. Team leagues such as basketball, softball, flag and tackle football and much more, is available aboard MCB Hawaii.

Semper Fit’s Varsity sports program hosts a vigorous race schedule that includes team footraces such as Hawaii’s dirt-


iest race, the Swamp Romp, to more challenging races like the Camp Smith Grueler. So no matter what your pace, there is sure to be a race to suit your fitness or fun needs.

The varsity program also acts as the conduit for the All-Marine sports programs throughout the year.

MCB Hawaii’s beaches and pools are also an excellent way to stay in shape. With four pools and a base surrounded by water, there is no excuse not to test the waters. For pool hours or beach conditions, call MCCS Aquatics and make a family day of getting wet.

Go ahead, resolve to live up to your resolutions, and let MCCS be your guide to a more fit, more active, more fun stay at MCB Hawaii.

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SPORTS AROUND THE CORPS



Staff Sgt. Scott Dunn

Instructional Training Company Drill Instructor Staff Sgt. Ira J. Wilkie (left) leads depot triathlon team members Gunnery Sgt. John Wilson and Staff Sgt. Scott Brown on a 14-mile ride.

**Lance Cpl.
Mikel L. Savides**

MCRD San Diego

MARINE CORPS RECRUIT DEPOT SAN DIEGO — When Staff Sgt. Ira J. Wilkie reported to Instructional Training Company, his executive officer wanted to talk athletics.

Speaking solemnly about the initial conversation, Wilkie accredited Capt. Patrick M. Klokow with making him the athlete Wilkie wished his former leader could see today.

Wilkie said Klokow talked about physical conditioning and wanted to know Wilkie’s interests. Klokow, known to be an exceptional athlete, set to make Wilkie a triathlete.

Workouts would go during lunchtime, early mornings and weekends.

“It was all new to me,” said Wilkie of the training. “I was always a strong runner, but my swimming skills lacked. And although I had previously done a little mountain biking, riding on the road is completely different.”

Wilkie said the cycling began when Klokow started working out with him during lunch and riding whenever they had time.

Soon training with Klokow

became Wilkie’s main focus.

“I stopped going out at night and doing anything that would interfere with my training to become a triathlete,” said Wilkie. “To be good requires a lot of dedication.”

Meanwhile, Wilkie furthered his education, which he said Klokow constantly strived to do. Amidst the training, Wilkie attended the University of Phoenix with a full course load. All the while, he served as a drill instructor and an academic instructor.

When speaking about Klokow’s influence, Wilkie said, “He was always looking to improve himself, and I strived to be like him.”

After a while, other Marines said the two athletes developed similar characteristics.

“The biggest thing they had in common was their work ethic, and they both always focused on teamwork, taking care of Marines and physical fitness,” said Staff Sgt. Bill J. Shaw Jr., an IT Company drill instructor.

A few days after an intense Saturday workout — an Olympic distance ride in late August — Wilkie was blindsided by what he called “the last thing any of us expected to hear.”

Klokow had been killed.

The two had planned to cycle separately to work on the morning of Aug. 23. At

lunchtime, they would do one of their favorite workouts: a bike-to-run transition. However, only one of them made it to work that day. A hit-and-run driver struck and killed Klokow.

“Tuesday was one of our best workouts,” said Wilkie, his face turning somber. “That morning we were told to report to the company office. I had not seen (Klokow) yet that morning, so I figured I would talk to him there about our workout. Then I saw the chaplain and the look on our first sergeant’s face. Something wasn’t right.”

That day, Wilkie left his office and realized he had

only one way home: his bicycle.

“I made it all the way down to the gate when I got off my bike and called my girlfriend for a ride. I just thought to myself, ‘Maybe this isn’t the smartest thing to do.’”

Moments before, Wilkie’s friend Shaw had warned him to “be careful” riding home.

His mentor’s death was hard, but it didn’t keep him off his bike for long.

Two weeks later, Wilkie competed in the Los Angeles Triathlon and placed fourth in the public service category. He also began heading the

See LEGACY, C-9



Staff Sgt. Scott Dunn

Wilkie prepares water bottles, while fellow triathlon club member Julie A. Matthews makes her own preparations before a bike ride.



Staff Sgt. Scott Dunn

Staff Sgt. Ira J. Wilkie heads the Marine Corps Recruit Depot Triathlon Club. Wilkie recently honored the club's founder, Capt. Patrick M. Klokow, by printing "PMK" on the club jerseys

LEGACY, From C-7

depot's triathlon club, which Klokow originally organized. In honor of Klokow, Wilkie had club jerseys printed with Klokow's initials. In the past year, Wilkie has competed in about nine triathlons and various other events such as marathons and Half-Ironman competitions, and he thanks Klokow for sparking the interest.

Wilkie has kept Klokow in his memory in many different ways, but he said he thinks about him most when competing in big events. Wilkie has trained for, competed in and completed the Tour de Julian 2005, the Open Air MRI Centers Silver Strand Half Marathon and 5K, the Las Vegas Marathon, the San Diego Rock n' Roll Marathon and many other events.

Recently, he has been training for Ironman Florida, an event with approximately 2,500 entrants who registered within three hours, according to Wilkie.

Wilkie said, "I owe him a lot. I wouldn't have gotten into this if it weren't for him."

A sticker on Wilkie's bike reads, "In memory of Captain Patrick M. Klokow, I will never forget you."

Wilkie has ridden that bike in nearly every competition since Klokow's passing.

Savides is a combat correspondent with the 12th Marine Corps District recruiting headquarters in San Diego.




Play like the pros

Allison Goo, 12, returns a serve from her tennis coach during a lesson, Tuesday, at the tennis courts aboard Marine Corps Base Hawaii, Kaneohe Bay. Tennis lessons are offered Monday through Friday at the courts for all skill levels. For information, contact Connie at the Tennis Pro Shop aboard K-Bay at 258-8081.

Photo by Lance Cpl. Ryan Trevino


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SPORTS AROUND THE CORPS

Now that’s a war face

Sgt. Jody Armentrout makes what he calls his “drill instructor” face during a base-wide bodybuilding competition in Al Asad, Iraq, Dec. 10. More than a dozen participants flexed their muscles on stage at the Morale, Welfare and Recreation tent while hundreds of audience members boasted and cheered from their chairs. Armentrout, who is headed to the drill field when he returns from Iraq, is an Non-Destructive Inspection technician with Marine Air Logistics Squadron 26 currently supporting Operation Iraqi Freedom.

Lance Cpl. Joel Abshier



Did You Know?

Q. Are eye exams a covered benefit under TRICARE Prime?

A. Yes, eye examinations are authorized every two years as a clinical preventive service for all TRICARE Prime beneficiaries. If you are a family member of an active duty member, you are authorized one screening eye examination per 12-month period.

The exam may include a check of the internal and external structures of the eye for disease, signs of other disease, and evaluation of the patient’s vision and other health. An ophthalmologist or an optometrist may perform it. If the provider is a non-network provider, point-of-service fees will not apply. The beneficiary will be responsible for the entire amount of the bill. Additional eye exams are authorized under the Well-Baby and Well-Child care benefit. TRICARE Prime enrollees who are diabetic are allowed an annual comprehensive eye examination. Contact your regional contractor for more specific information.

The Optometry departments at Makalapa and Kaneohe Bay Branch Health Clinics are now seeing beneficiaries — active duty military, family members and retirees — for eye examinations. Call Central Appointments to schedule an eye exam. Call, Makalapa BHC at 473-0247 and Kaneohe Bay BHC at 257-2131.

Submit your questions to the Naval Health Clinic, Hawaii Customer Relations Program Coordinator at the Interactive Customer Evaluation Web site at http://ice.disa.mil/index.cfm?fa=site&site_id=506. Once you bring up the Web page, click on “Health.” At the bottom of the page, click on “contact the site manager” and type in your question in the “Comments/Suggestion” block, and then click on “Submit Suggestions.”

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